

NEWINGTON PARKS AND RECREATION PRESENTS...

'Fat Friday' Zumba

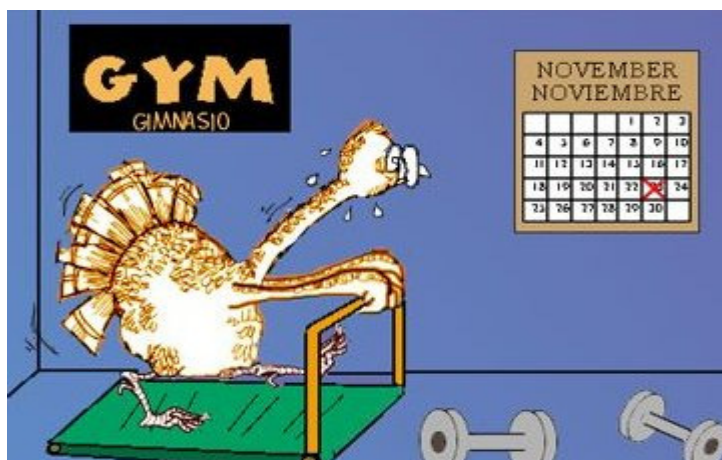
For Adults ages 16+

Gobble 'til you wobble
then join us on
Friday, November 26, 2010
at 11:00 a.m. to burn those calories off!

The average Thanksgiving meal can range from a whopping **3,000-7,000 calories**. Get a head start on working those calories off in this fun, motivating and exciting class!

Participants must be at least 16 years old and should bring water and wear exercise clothes. Pre-registration is not required - just show up and bring a friend! This class is free but participants should bring one (or more) non-perishable food item to benefit the Town's food bank and a donation (suggested amount \$5 - \$10) which will be used to sponsor two Newington families in need this holiday season.

No need to pre-register, just show up with your water, non-perishable food item(s) and your donation!



Instructors: Jenn Trent, Carrie Tartaglia and Lydia Borysiuk

Location: Mortensen Community Center Gymnasium

Date	Time	Fee
Friday, November 26, 2010	11:00 a.m. - 12:00 noon	FREE*

**No pre-registration is required and this class is FREE with a non-perishable food item and a donation (suggested amount \$5 - \$10) to sponsor two Newington families in need this holiday season.*